Telling a child about a separation

Preparing for a conversation the child will remember.

> Improvising in a tense moment produces sentences that can't be taken back. Tell them **together**, on a calm day, not after an argument. One conversation isn't enough — say that you'll talk about it again.

Three sentences that must be said

- [ ] It isn't your fault.
- [ ] We both love you and that won't change.
- [ ] We'll tell you what is going to change.

What we say concretely

Where they'll sleep

When they'll see each of us

What stays the same (school, friends, pet, room)

When this happens

What we don't say

- [ ] Details about the reasons for the separation.
- [ ] Who is to blame.
- [ ] Anything that puts the child in the role of judge or comforter.

After the conversation

What they asked

What we need to return to

For personal use.